



THELMA B. JOHNSON
EARLY LEARNING CENTER
NEWS



**Theme:
Nutrition**

Principal: Aleisha Sheridan

January 19, 2016

270-854-0140

Week 19

**Number of the
Week:**

6

**We Celebrate
Dr. Martin Luther King Jr.**

**Color of the Week:
White**



Letter of the Week:

Qq

CATCH Nutrition Lessons Are Being Taught in the Library

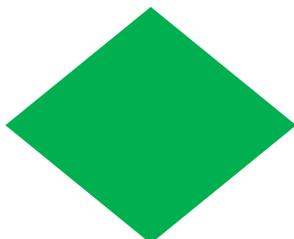
**We've learned
about vegetables**

**We've learned about Dairy
foods: Milk, Yogurt, &
Cheese**



Shape of the Week:

Rhombus



Lessons about Fruit coming soon!!!



Ms. Amber, Ms. Tiffany, & Ms. Anna



Breakfast is Important

Children who eat breakfast get a head start on the daily nutrients they need. A good breakfast provides one-fourth to one-third of the day's energy and nutrient needs. It doesn't matter if children are preschoolers; first-graders, or freshmen, breakfast gives young people an energy boost and improves classroom behavior, overall attitude, and mental and physical performance. A balanced breakfast should include a dairy product such as low-fat milk or yogurt, a grain such as a high-fiber bread or a cereal, a protein such as peanut butter, low-fat cheese or a lean cut of meat, and fresh fruit or 100 percent fruit juice. Sweetened cereals and convenience foods such as toaster waffles, breakfast burritos, and other frozen entrees can occasionally be served. But parents should carefully read labels because many of these foods contain high levels of sugar, salt, and fat. Parents should also remember that they are important role models. Children are more likely to eat breakfast if their parents eat breakfast. The important thing is for children—and their parents—to eat something nourishing for breakfast.



Ms. Karen, Ms. Joni, Ms. Paula



Families, remember to give your child a chance to "try his/her best" before helping or doing the task for him/her. This helps encourage independence as well as self-confidence. It also lets children know that it is okay to need help as long as they make attempts first. Especially at this time of year with coats, zippers, gloves!



Ms. Randa, Ms. Julia, Mr. Chad



This week our gingerbread adventures continue! Talk with your child about what might try to catch the gingerbread man if he appeared at your house. Additionally, you can try these activities to help your child work on letter recognition:

- Write each letter of your child's name on a paper plate. Have your child bounce a ball on each plate and name the letter.
- Choose the letter of the week (or another letter your child does not yet recognize) and search high and low for it around the house.
- Identify letters together on cereal boxes.



Ms. Tracey, Ms. Christy, Ms. Macy



I'll run and I'll run, with a leap and a twirl. You can't catch me, I'm the Gingerbread girl! This week our adventures continue as we meet more gingerbread characters. Be sure to ask your child to describe the characters in the gingerbread stories we have been reading. We love seeing all of the gingerbread people that are being sent in! If you haven't returned your family's gingerbread man, it's not too late! We have them displayed in the hallway, and we would love to have one for every student!!!



Ms. Kim, Ms. Misty, Mr. Kyle



This week students will meet Mr. C, who has a colossal cap. We will be learning about healthy eating habits. This is the first theme for the unit "Everyone has Needs". Also in this unit we will be learning about exercise, rest, homes and safety. This week students will also participate in patterning and sorting activities.



Ms. Jayme, Ms. Annette, Ms. Crissy



Milk, cheese, coke, strawberries, pickles, corn, cookies... Which of these are healthy? Which of these are non-healthy? This week we will be reading The Very Hungry Caterpillar and discussing why it is important to eat healthy food.





Ms. Heather, Ms. Laura, Ms. Wendy



I hope you enjoyed your snow days. This week we will create a snowstorm in a jar and make a snow painting. At home this week have your child draw shapes (triangle, square, circle, and rectangle).



Ms. Nancy & Ms. Debra



This week we will finish up our unit on *The Mitten* by Jan Brett. Since we were out two days last week we will be playing catch-up. We will measure how tall we are using two different size mittens, write about what we found in our mitten and reenact the story.



Ms. Virginia , Ms. Jenna Ms. Breeanna



In order to catch up from our two snow days we will continue to talk about letter Qq as we introduce Mr. C and his colossal cap. The students will begin the unit on "Everyone has needs" by learning about nutrition. This would be a great opportunity to talk with your child about foods that are good for their body verses what tastes good!



Ms. Linda, Ms. Shannon, Ms. Tara



This week we will learn about nutrition and the foods your body needs to stay healthy. We will read *The Hungry Caterpillar* and *Eat Your Peas Louise*. We will continue to learn about the letter Q, the number 6, the color white, and the diamond shape and will introduce the letter C. Parent teacher conferences will be coming up soon. Look for a signup sheet in your child's folder in the near future. We are looking forward to a great week.



Ms. Jessica, Ms. Rose, & Ms. Ginny



With two snow days last week, we didn't get to spend much time discovering the many different types of bears. So, this week, we will continue learning about brown bears, black bears, polar bears, and panda bears. We will do a science experiment to understand how polar bears stay warm in such cold temperatures, and we will also see and discover some bamboo. We will graph the different attributes of each animal, and then take a vote on which animal is our favorite! Parent teacher conferences are coming soon, so please be on the lookout for a signup sheet in the red folder. We're going to have so much fun this week! 😊



Ms. Macey, Ms. Annette, & Ms. Karen



This week we will continue our study of winter by reading *The Biggest, Best Snowman*, *Snowmen at Night* and *Snowmen All Year Long*. We will practice writing our names, playing a snowman letter identification game, identify numbers 1-13, count to 13 and meet Ms. Q. We will also explore Instasnow, complete a science experiment involving ice and practice rhyming words with "5 Little Snowmen".

Have a great week!



Child Care

Ms Kathy, Ms. Rhonda, Ms. Jaci
Ms Tori, Ms. Kati, Ms. Sarah



Ms. Lori Burke

270-854-0090

This week we will learn about nutrition, Qq, White, Rhombus, and the number 6. We are excited to be learning so much and having fun too 😊



Ms. Teresa, Ms. Ashley, & Ms. Jennifer



Picture
Coming
Soon!

This week we're going to be introducing the letter Cc along with reviewing the letters we have learned so far this year. We're going to be learning the differences between living/non-living things. We live on Earth. It is made of air, land, and water; and we use different transportation for each. We will discover these forms of transportation: like airplanes, cars, and boats. Moreover, we will begin rhyming in small groups.

Upcoming Dates:

February 4th & 5th-
Parent/Teacher
Conferences
February 11th-
Valentine Meals
February 16th-
BornLearning
February 29th- Dr.
Seuss Week

Breakfast

Lunch Menu Online
<http://goo.gl/TzL7TS>

Lunch

All Student
Meals Are
Free! 😊

Monday: No School
Tuesday: Scrambled eggs, toast, jelly
Wed.: Chicken biscuit, fruit
Thursday: Banana or blueberry, bread
Friday: Cereal, fruit

Monday: No School
Tuesday: Mac & Cheese, peas, peaches, jello
Wednesday: Chicken rings, potatoes, roll, green beans, fruit
Thursday: Skillet lasagna, garlic toast, tossed salad, apples
Friday: Hamburger/Cheeseburger, French fries, peas, sidekick

Security Codes:

The person who picks up your child must have the security code. Thank you for following the procedures!